

# Author jailed on drug, sex charges; Del Mar psychiatrist gets probation

*Doctor who drugged women can't practice for 5 years*

**VISTA** – A Del Mar psychiatrist who admitted drugging two women by putting Ecstasy in drinks he gave them last year was placed on probation yesterday and ordered not to practice medicine for at least five years.

**Dr. Harold Bloomfield**, 57, the author of several best-selling books, also was ordered to do 20 days of public service – such as picking up roadside trash – and 500 hours of community service.

Bloomfield pleaded guilty Jan. 24 to two felony counts of furnishing illegal drugs.

In pre-sentencing interviews with doctors and a probation officer, Bloomfield blamed his actions on mental illness compounded by regular use of Ecstasy and marijuana, as well as prescription drugs for a painful condition that followed failed cosmetic surgery.

A psychiatrist has diagnosed Bloomfield with drug addictions and a mental disorder, his attorney said in court papers.

Those interviews were included in a report that Superior Court Judge Frederick Maguire used in fashioning Bloomfield's penalty.

Bloomfield said he kept the Ecstasy, which he used three times a week, mixed with lemonade in his refrigerator. He also said he smoked marijuana daily. The drugs gave him a feeling of power and he wanted the women to share those feelings, he said.

While calling his actions "screwed up," Bloomfield told his interviewers he didn't have sexual intentions for the women – both of whom told police they ended up topless in his home after he drugged them.

"I feel incredible remorse, your honor," Bloomfield told the judge yesterday, saying he would "do anything in my power to set things right."

Bloomfield is now in a residential psychiatric and addiction treatment program in Dulzura.

Maguire said Bloomfield took advantage of the trust the women placed in him. "When you slip somebody a Mickey Finn, that's low," the judge said.

"People open themselves up to you," he said. "You took advantage of that for your own perverted reasons."

Maguire also said Bloomfield knew the dangers of drugs because of his medical background.

"You're just a glorified drug abuser," Maguire said. "The sad thing about it is, you should know better."

Nonetheless, Maguire spared Bloomfield a jail term because he took responsibility early, didn't have a criminal record and cooperated with police.

Maguire said Bloomfield will have to serve a 270-day jail sentence if he fails the terms of his five-year probation.

In addition to the judge ordering Bloomfield not to practice medicine, the Medical Board of California has suspended his license.

Defense attorney Robert Grimes said after the hearing that the two female victims asked that Bloomfield get probation and not be jailed.

"The victims understood he simply would not have done this unless he was mentally ill," Grimes said.

The attorney for one of the women, a yoga instructor who filed a \$1 million claim against Bloomfield, said her client was "traumatized and psychologically damaged" by the experience.

"She was unable to defend herself," said attorney Carla DiMare.

The woman told police that she visited Bloomfield's home with friends in November and that he offered her an "energy transfer" massage and gave her a bitter-tasting green smoothie, according to court records.

She told police she felt drugged and that although she agreed to a "modest" massage, she was unable to stop him when he undressed her, touched her and "wiggled" on top of her.

The other victim, a former patient, told police that she went to Bloomfield's home in July and that he met her wearing silk boxer shorts before taking her to his bedroom balcony.

She said that he gave her a glass of lemonade, which made her feel funny, and that when she complained about pain from breast augmentation surgery, he had her take her shirt off, according to court records.

The telephone rang as he approached her and she left, taking with her the glass of lemonade, which tested positive for methamphetamine, according to documents in the case.

Other women came forward and said they were drugged by Bloomfield, but authorities found insufficient evidence to prosecute, said Deputy District Attorney Richard Madruga. Bloomfield has authored or co-authored 19 books, which have sold more than 7 million copies. Among his co-authors is his former wife, Sirah Vettese, who filed for divorce a year ago. Bloomfield signed final divorce papers on Dec. 24, while in the Vista jail.

He told a probation officer he is selling his Del Mar home to pay for his expenses as a result of his crimes and will have to live simply from now on. ([LINK](#)) — 03/23/2002